

Protect Our Keiki: **at Home, at Play and on the Way**



What you can do

**Safety Tips to Help
Protect Children
from Birth through
Age 18**

Brought to you by the



Keiki Injury Prevention Coalition

SAFE KIDS Hawai'i

Infant

Birth to 1 Year

Developmental Stages & Accomplishments

- * Babies move more as they grow and explore by putting things in their mouths.
- * Rolling and crawling begins as early as 6 months.

Prevent Suffocation & Choking

- ☐ Practice safe sleep for the baby:
 - ☐ Put baby on back to sleep.
 - ☐ Remove soft bedding and pillow-like items and toys from the sleep area.
 - ☐ Make sure playpen and crib meet safety standards.
- ☐ Keep your home smoke-free.
- ☐ Keep balloons, plastic bags and small objects out of baby's reach.
- ☐ Buckle baby into bouncy seat, swing or high chair.
- ☐ Learn infant CPR and first aid.



Prevent Shaking & Rough Handling

- ☐ Baby should be handled gently. Rough play can cause injuries.
- ☐ Never shake a keiki: shaking or throwing a baby can cause permanent damage.

Water Safety

- ☐ Never leave baby unsupervised near any water such as a bathtub, swimming pool, or ocean.
- ☐ Empty buckets and containers after use.
- ☐ Keep toilet lids shut; use toilet locks.
- ☐ Install isolation fencing around swimming pool and lock gate.
- ☐ Obey water safety warning signs.

Frustrated?

Babies cry for many reasons and sometimes for no reason at all. Put baby in a safe place (such as a crib) and take a break or call a friend if baby cannot be comforted.



Fall Prevention

- ☐ Never leave baby alone on a raised surface.
- ☐ Put baby in a safe place such as a playpen or crib when you cannot give your full attention.
- ☐ Use safety gates on stairways, lock lanais, and close doors.
- ☐ Install window guards that adults can open in the event of a fire.

Car Safety

- ☐ Place infant in the backseat in a rear-facing car safety seat.
- ☐ Never place baby in front of an airbag.
- ☐ Never leave baby alone in, or around, a car.



Fire & Burn Prevention

- ☐ Install smoke alarms on every floor and near bedrooms. Test alarms monthly and replace batteries yearly.
- ☐ Practice a family fire escape plan.
- ☐ Never carry hot liquid or food when holding baby.
- ☐ Cover electrical outlets and keep cords out of reach.
- ☐ Protect baby from direct sunlight and talk with your doctor about sunscreen.
- ☐ Lower water heater temperature to 120°F.

Prevent Poisoning

- ☐ Keep medicine, cleaning agents, paints, insecticides and chemicals in a locked cabinet.
- ☐ Use safety latches on drawers and cupboards.
- ☐ Do not give baby medications unless directed by a medical practitioner.
- ☐ Clean up peeling paint and paint chips that may contain lead and be hazardous. Talk to your doctor about lead testing when baby is 9-12 months old.
- ☐ Post number for Hawai'i Poison Hotline near phone: **800-222-1222**.

Toddler/Preschool

1 to 4 Years

Developmental Stages & Accomplishments

- * Child begins to climb and can use objects as a ladder. Increasingly able to reach heights and can open doors and gates.
- * Becoming an individual is important to normal child development. The child learns to say “no” and insists on doing things differently, making this a challenging period for parents.

Water Safety

- ☐ Never leave child unsupervised near any water such as a bathtub, swimming pool, pond, or ocean.
- ☐ Empty buckets and containers after use.
- ☐ Keep toilet lids shut; use toilet locks.
- ☐ Install isolation fencing around swimming pool and lock gate.
- ☐ Put child in a U.S. Coast Guard-approved life jacket when around open water or on a kayak, canoe or boat.
- ☐ Obey water safety warning signs.
- ☐ Learn child CPR and first aid.



Street Safety

- ☐ Do not allow child to play near the street or behind a parked car.
- ☐ Teach child to always stop at the curb and never cross the street without an adult.
- ☐ Teach child to wear a bike helmet correctly. Model the behavior by wearing your own.



Prevent Shaking & Rough Handling

- ☐ Child should be handled gently. Rough play can cause injuries.
- ☐ Never shake a keiki: shaking or throwing a toddler can cause permanent damage.

Car Safety

- ☐ Always buckle child into a car safety seat that is properly secured in the backseat.
- ☐ Never position child in front of an airbag.
- ☐ Never leave child alone in, or around, a car.





Fall Prevention

- ☐ Use gates on stairways, lock lanais, and close doors.
- ☐ Avoid putting furniture next to windows or railings. Child can climb up and fall out. Install window guards that only adults can open.
- ☐ Supervise children on playgrounds. Make sure equipment is in good condition and surfacing is soft enough to absorb a fall.



Prevent Choking

- ☐ Keep balloons, plastic bags and small objects out of toddler's reach.
- ☐ Be aware of dangerous foods that are too hard or too soft for baby, such as carrots, apples, hot dogs, grapes, nuts, popcorn, hard candy, soft bread, peanut butter or gelatin.

Prevent Poisoning

- ☐ Use safety caps on all medicines and toxic household products and keep them out of reach.
- ☐ Teach child about poisonous plants and bugs.
- ☐ At age 2, ask your doctor about lead testing.
- ☐ Post number for Hawai'i Poison Hotline near phone: **800-222-1222**.

Fire & Burn Prevention

- ☐ Never allow child to light or play with fireworks.
- ☐ Do not smoke in home or around child.
- ☐ Keep matches, lighters and other heat sources out of child's reach.
- ☐ Test smoke alarms monthly and replace batteries yearly. Practice your family fire escape plan every six months.
- ☐ Teach child how to get out and stay out if there is a fire and to call 911 from a neighbor's.
- ☐ Keep hot liquid or food out of child's reach and turn pot handles away from stove's edge.
- ☐ Never carry hot liquid or food when holding child.
- ☐ Apply sunscreen with SPF 15 or higher to child.
- ☐ Lower water heater temperature to 120°F.

Firearm Safety

- ☐ Keep guns out of home or unloaded and locked in a place separate from ammunition.
- ☐ Ask if home where child visits has a gun.

School Age

5 to 10 Years

Developmental Stages & Accomplishments

- * Child has a growing sense of self and ability.
- * Strength, motor skills and coordination develop at their own rate. Children the same age will not have the same skills or abilities.
- * Looks to friends for peer acceptance.

Street & Bike Safety

- ☐ Do not allow child to play in the street or behind a parked car.
- ☐ Teach child to stop at the curb and never cross the street without an adult.
- ☐ Check to see if your child's bike is the right size. The balls of the child's feet should rest on the ground with hands secure on handlebars.
- ☐ Teach child to wear a bike helmet and model the behavior by wearing your own.



Water Safety

- ☐ Teach child to swim.
- ☐ Never let child swim without adult supervision.
- ☐ Teach child not to dive until an adult has checked the depth of the water (should be at least 9 feet deep).
- ☐ Always have child wear a life jacket on a kayak, canoe or boat.
- ☐ Obey water safety warning signs.
- ☐ Learn child CPR and first aid.





Sport Safety

- ☐ Have child wear the clothing and protective equipment recommended for each sport.
- ☐ Choose equipment based on child's size and ability.
- ☐ Make sure child drinks plenty of water before and after the activity.

Car Safety

- ☐ Use booster seat/seat belt correctly every time.
- ☐ Have child ride in the backseat. It's the safest place.
- ☐ Always buckle up. Set a good example.
- ☐ Do not leave child alone in the car.



Poisoning

- ☐ Use safety caps on all medicines and toxic household products and keep them out of reach.
- ☐ Teach child about poisonous plants and bugs.

Firearm Safety

- ☐ Keep guns out of home or unloaded and locked in a place separate from ammunition.
- ☐ Ask if home where child visits has a gun.

Fire & Burn Prevention

- ☐ Never allow child to light or play with fireworks.
- ☐ Do not smoke in home in or around children.
- ☐ Test smoke alarms monthly and replace batteries yearly.
- ☐ Only allow child to use matches, lighters and other heat sources when supervised.
- ☐ Apply sunscreen with SPF 15 or higher whenever child goes in the sun.
- ☐ Lower water heater temperature to 120°F.

Emergency

- ☐ Keep list of emergency contact numbers near the phone.
- ☐ Teach child to call 911.

Adolescence

11 to 18 Years

Developmental Stages & Accomplishments

- * Youth pushes for freedom of choice and greater independence.
- * Experiences physical and emotional changes. Ability to anticipate outcomes is limited and erratic, adolescents often think, "it won't happen to me."
- * Strong need for peer approval and experimentation.

Road Safety

- ☐ Reduce teen's crash risk: ensure extensive practice before licensure; place restrictions on driving with passengers and driving at night during the first two years after they have their license.
- ☐ Set firm rules: always wear a safety belt, as a driver or passenger; never drive impaired or ride with someone who has been drinking or using drugs; obey posted speed limits; and minimize distractions (e.g. use a cell phone while driving).
- ☐ Sign a parent/teen agreement that outlines privileges, restrictions and expectations.
- ☐ Require helmet use on bikes, skateboards, mopeds or motorcycles.
- ☐ Discuss the dangers of racing.
- ☐ Do not let youth ride in the back of a pick-up truck.



Prevent Drug & Alcohol Use

- ☐ Educate teen about hazards of alcohol and drugs and their effect on judgment and performance.

Suicide Prevention

- ☐ Know some of the warning signs: depression, talking about committing suicide, and aggressive or disruptive behaviors.
- ☐ If you are concerned, call **1-800-273-TALK** (1-800-273-8255).

Depression

Some signs of depression:

- ☐ Feeling helpless, worthless, or guilty.
- ☐ Loss of interest or pleasure in daily activities.
- ☐ Problems with eating & weight (gain or loss).
- ☐ Changes in sleep pattern.



Water Safety

- ☐ Teach basic rules of water safety (e.g. always swim with a buddy; don't dive into unknown water or shallow breaking waves; check surf conditions with lifeguard).
- ☐ Obey water safety warning signs.

Sport Safety

- ☐ Have youth wear protective equipment recommended for each sport, including helmets.
- ☐ Avoid dehydration: advise water before and after activity.
- ☐ Advise stretching and warm up before activity.

Firearm Safety

- ☐ Keep guns out of home or unloaded and locked in a place separate from ammunition.
- ☐ Ask if home where youth visits has a gun.

Youth Violence Prevention

- ☐ Be consistent with rules and discipline.
- ☐ Be available to listen and communicate.
- ☐ Enroll your child in after-school activities.
- ☐ Regulate internet use and exposure to violence in the media.
- ☐ Show how to resolve conflicts without aggression.
- ☐ Note warning signs such as angry outbursts, excessive fighting or bullying, cruelty to animals, fire setting, or alcohol or drug use.

Dating Violence Prevention

- ☐ Be a role model, talk about healthy relationships and open communication.
- ☐ Note warning signs: unexplained bruises or injuries and behavior changes.

Fire & Burn Prevention

- ☐ Test smoke alarms monthly and replace batteries yearly. Practice your family fire escape plan every six months.
- ☐ Teach youth to never leave cooking food unattended.
- ☐ Encourage use of sunscreen with SPF 15 or higher.
- ☐ Model healthy behavior. Don't smoke.
- ☐ Enroll youth in CPR and first aid classes.



KIPC

(Keiki Injury Prevention Coalition)
www.kipchawaii.org

Parent Line

(808) 526-1222

Hawai'i Poison Hotline

1-800-222-1222

American Red Cross

(808) 734-2101
www.hawaiiredcross.org

Prevent Child Abuse Hawai'i

(808) 951-0200
www.preventchildabusehawaii.org

Suicide Crisis & Mental Health Referral

(808) 832-3100 (Oahu)
1-800-753-6879 (toll-free for Neighbor Islands)

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

Honolulu Fire Department

Fire Prevention Education Section
(808) 831-7784
www.honolulufire.org

Honolulu Police Department

Traffic Division
(808) 529-3105

National SAFE KIDS Campaign

www.safekids.org

U.S. Consumer Product Safety Commission

(808) 733-8710
www.cpsc.gov

Emergency: Call 911



SAFE KIDS Hawai'i

Help Our Keiki Live Safely

The Keiki Injury Prevention Coalition/SAFE KIDS Hawai'i (KIPC) invites you to be a part of our grassroots, hands-on injury prevention campaign. You can help by getting involved, individually or through your organization or community, to make the safety of children a priority. Working together, we can save lives and prevent injuries.

What is KIPC?

Founded in 1991, KIPC is a group of private and public agencies, parent advocates, physicians, and professionals. KIPC and SAFE KIDS Hawai'i are working together to reduce childhood injuries in Hawai'i by:

- ☐ Raising awareness that injuries are the leading health threat to children today.
- ☐ Educating children, parents, and professionals about specific injury prevention techniques and emergency responses.
- ☐ Supporting effective, new legislation and making childhood injury prevention a public policy priority of lawmakers.
- ☐ Working together to create safer environments at home, at play, and on the way.
- ☐ Changing society's understanding that keeping children safe is not just an individual but a community responsibility.

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For additional copies, please call IPCP at 586-5940, or visit KIPC at www.KIPChawaii.org.

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HAWAII STATE
DEPARTMENT
OF HEALTH

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Governor

An Equal Opportunity/Affirmative Action Employer. We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call our Affirmative Action Officer at Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4616 (voice) within 180 days of a problem.

Preventable Injury

Did you know that injury is the number one killer of children in Hawai'i?

Most of these injuries happen on the road, at home, or during play.

The good news is that many of the injuries and deaths to children and youth in Hawai'i are not accidents—they can be prevented!



Keep Your Eye on Your Child

Whether or not you're a parent, each of us has a role in caring for our children and keeping them safe.

The best way to protect children from injury and death is to supervise them, follow effective safety practices, and know where they are at all times.

This KIPC prevention (or safety) checklist offers parents, caregivers and community members important safety tips for protecting children and youth at each stage in their development.

